

Mr. Monroe is a man of many talents. More important, he has the ability to explore and experience these different facets that make up an unusual personality.

The son of a college professor and a medical doctor mother, he received his degree from Ohio State University after studies in engineering and journalism, and entered the radio broadcasting industry as a writer and director of programs. He went to New York in 1939, where he was the creator and producer of some 400 radio and TV network programs in the ensuing twenty year period. In addition to directing and writing, he composed all of the orchestral music for his programs, much of which is still in use in television and motion pictures.

His first radio network programs was ROCKY GORDON, a railroad adventure series which for several years preceded the famous LOWELL THOMAS - AMOS N' ANDY program block on NBC. Some of the other network program series he created and produced were HIGH ADVENTURE (George Sanders), NIGHTMARE (Peter Lorre), STARLIGHT THEATRE (Madeleine Carroll), SCRAMBLE (Bob Ripley), MGM SCREEN TEST, and the quiz shows TAKE A NUMBER and MEET YOUR MATCH.

After an early sojourn at Donohue and Coe, Advertising, he formed Robert Monroe Productions, which at its peak operation, was producing as many as 28 network shows weekly. He later became Vice President of Programs and Director of Mutual Broadcasting System, Inc., a position he held until mid-1956. He then became President of Laury Associates, which brought him into ownership and operation of radio stations in North Carolina and Virginia. He also formed Jefferson Cable Corporation, which as President, he guided in the construction and operation of cable-TV systems in Charlottesville and Waynesboro, Virginia - a position he held until April, 1976.

Mr. Monroe's major avocation in recent years has been exploration and research into practical methods of accelerated learning through expanded forms of consciousness. To augment such activity, he founded the Monroe Institute of Applied Sciences in 1973, with facilities and laboratories at Afton, Virginia. With his long and varied experience in sound, it was natural that he utilized this medium for investigation. One of the results of his work was a method and technique of inducing relaxation and sleep, which was granted a generic patent in 1975. The technique employs a system of audio pulses which create a frequency-following response in the human brain. By this method, it is now possible to hold and maintain specific stages of sleep for any depth and duration in the average person. A later development at the Institute has utilized the same method and technique in a form of "binaural beats" to create synchronization of both left and right hemispheres in the human brain. This discovery also permits external control of the degree of activity of either right or left brain. These two patterns, when employed in an ordered sequence to achieve specific effects, offer a significant gateway to new understanding and application of human thought and endeavor. Along with others, the Monroe Institute is exploring the potentials of such methods in all areas of individual and cultural activity.

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Mr. Monroe, as Executive Director of the Institute he founded, still plays an active part in this educational-research organization. He also is author of the book, "JOURNEYS OUT OF THE BODY" (Doubleday), which has been published in five languages world-wide. With his family, he lives on his farm in Nelson County, Virginia, near the Institute headquarters.